

NAVY
S·E·A·L



**BASIC
INSTRUCTION
MANUAL**

GENERAL ISSUE NO. 47803C

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OVERVIEW

The huge door gapes open in the aft end of a C-130 aircraft as it lumbers through the moonless sky of a cold, black night. Icy air howls around the solitary figure standing at the end of the lowered cargo ramp. He is burdened with dive gear, assault weapons, tactical equipment, demolition charges, and a parachute.

This time, he is not tethered to the static line he has used so often in training drops.

This time it is a covert insertion.

Amid the shuddering, deafening din of the aircraft's engines and the churning wind screaming through the bulkheads of the cargo bay, the jumpmaster strains to hear a wind speed and drop zone update from the flight deck. On command, the heavily provisioned chutist jumps away from the plane and disappears into the enveloping darkness.

He free-falls for what seems an eternity through a lightless limbo. But, he knows he is rapidly approaching the unseen surface of the ocean below. Before he jumped, a drogue chute had already jerked out a supply-laden, black, inflatable raft, "The Rubber Duck." This would be his target on the water.

He watches the blurring spin of his altimeter dial until his lowest parachute altitude is attained. He yanks the cord and waits for a complete canopy deployment. Now he begins a controlled descent by deftly flying his T-10 chute through buffeting crosswinds. As he nears the water, he spots the Rubber Duck bobbing in the murk. He manages to uncinch most of his chute rig just seconds before slamming into the ocean's slab-hard surface.

Carried on six foot swells in numbingly cold water, he struggles to free himself from the last harness strap before he and his entangled chute sink to the bottom like lead.

The chute slips away free, fills with water, and is gone under a wave. The man swims for the rubber raft and retrieves a high explosive Demo-pack. In the next instant, he activates the LARV-5 Draeger rebreather mounted on his chest. Face mask in place, he doubles over and, with a powerful kick, dives beneath the rolling sea.

Now, he secures his luminous compass board, checks the clock and fixes his bearing. He knows from repeated training run-throughs how many kicks equal one hundred yards. And he knows how long it will take him to cover that distance. He also knows how many kicks it is to his objective. He understands that he has some adrenaline-soaked hours ahead of him.

Swimming with grim determination, oblivious to the cold, indifferent to the zero visibility, and mindful of the hazards that lurk in the blackness, he steadily pushes on to his target. Then, looming in the murk, he sees the giant steel leg of an oil drilling platform.

Moving quickly now, he attaches the demolition pack, sets the timer, then kicks away, heading back the way he came. As he breaks the surface near his raft, he sees an explosion in the distance and is jolted by a rumbling shock wave. As he waits for extraction, he observes the oil platform, only recently secretly converted to a chemical weapons manufacturing facility, tumble into the sea.

This scenario could only be an operation assigned to one extraordinary kind of American fighting man. This man is a member of an elite Navy Special Warfare force, a group of incomparable men-at-arms who, with quiet pride, call themselves Navy SEALs.





TRAINING

Basic training is required to ascertain the applicant's general fitness and ability and to define any specific areas of potential development. The training is divided into four sections:

1. **Marksmanship:**
To obtain the highest rating, more than 90% of all targets must be hit by a single shot.
2. **Onland obstacle course:**
To obtain the highest rating, the distance must be completed in under 2 minutes with no hits registered. To avoid the half-track, you must risk a hit by not diving if the vehicle gets too close.
3. **Underwater obstacle course**
4. **Climbing and rappelling:**
There is only one route up the face of the cliff. It is sometimes helpful to adjust the color and contrast to see the crevices more clearly.

Each phase of the training will be conducted by an instructor who will outline the procedures of completion. After completion, a rating will be issued.

Basic training is advised for new recruits. Once training is completed, and a rating has been recorded, a seaman may optionally repeat the course to improve his rating or continue on to an assignment.

CONTROLS

The control of actions is conducted with the joystick, which is plugged into port no. 2.

When underwater, the eight directions of the stick translate to the direction of motion. A zero or centered position will stop the motion.

On land, the motion is normally to the left or right, controlled by the left or right position of the stick. The remaining positions determine the direction the player is facing and/or shooting. The zero or center position stops the motion.

Two variations of joystick control are found in rappelling and the parachute jump. When rappelling down a cliff face or fast-rope

from a hovering helicopter, the action of gripping and releasing is simulated by turning the stick counterclockwise while pushing outwards in a stirring fashion. To release the stick to the center position would translate as losing your grip on the rope and falling.

When parachuting out of a C-130 transport plane and freefalling toward the drop zone, the joystick position translates to the skydiver's body configuration which influences the direction of fall. Once the chute is opened, the control is similar; but, it is the chute, and not the body, that is manipulated.

The Fire Button normally controls the firing of the selected weapon. The exception is found in the parachute jump. The button activates the initial jump, the opening of the chute and the detaching of the chute harness before hitting the water. Any other exceptions to fire button control will be duly noted, as they apply.

Ancillary controls are found on the four Function keys:

F1 – When underwater, this key is a signal to surface. While on land, this key calls for reloading of the selected weapon, if applicable.

F3 – This key is a cycling weapons select button. Each time it is pressed, the next weapon is noted on the control line on the screen, and the weapon is automatically in use. If the supply of a particular weapon has run out, it will not appear in the selection.

F5 – This key activates a close-up function for specific tasks and does not apply to all missions. When setting a timed charge explosive, this key is pressed and the timer box is shown so the device can be timed and armed. Press the key again to return to the normal view.

In Mission 2, this key performs a similar function. When the missile arming section (see Mission 2 briefing) of the weapons console is located, press this key to obtain a close-in view of the controls to facilitate disarming.

Press the key again to return to normal view.

F7 – This key is an action button. When underwater, it causes the diver to quickly maneuver out of the way of hostile weapons fire. When on land, it causes the SEAL to dive for cover from gunfire or exploding shrapnel. Normal movement is continued with the joystick.

RUN/STOP – This key pauses the action. The mission clock and any active timers are suspended. The action is resumed by pressing the RUN/STOP key again. The Run/Stop key acts as a pause button only on those sections of the program where there is no alternative. For example: there is no escape from the action underwater, and so the pause button is necessary. However, in most cases on land, you can enter buildings and other spots which protect you, eliminating the need for pausing.

Special Note: During land operations, it is possible at certain sites to leave the field and enter structures through doorways or other obvious openings by pushing the joystick in the upwards direction. To exit back onto the field, push the stick in the downwards direction. Other movement or weapons use is not possible while inside. These sites offer protection from enemy fire and so are ideal for reloading and setting charges. Also, one mission requires a search of buildings to find vital documents.

WEAPONS

Land operation weapons include:

1. The Smith and Wesson Mark 22, Model 0, 9mm automatic pistol with silencer and single-shot action up to 30 rounds-per-minute with a modified 20-round clip.
2. The Stoner M63A4 machine gun with a 150-round magazine.
3. M26U1 grenades for use on land and underwater with a 5-second fuse.
4. A U.S. Navy underwater knife of non-magnetic alloy with sawtooth.

Underwater operation weapons include the knife and grenades. While grenades cannot be thrown effectively through water, they can be set and dropped and moved away from to disable a pursuing enemy.

5. The M75S1 special purpose mini-

spear gun with an effective range of twenty yards. 30 shafts can be carried at once in the harness.

TIMER SETTING AND DISARMING

When you press the F5 key to get a close-in view of a task, such as setting a timed charge, you will be able to move your right hand as displayed with the joystick. If the job calls for pushing a button, move your hand to the button and press the fire button to push the button on the screen. If the button needs to be held down, hold down the fire button. Press the F5 key again to return to the normal view.

MISSION BRIEFINGS

1. Operation **GODZILLA**

A. **Insertion:** C-130 transport will proceed to drop zone located 1 mile off shore from target installation at an altitude of 3000 feet. Rubber Duck supply raft will be dropped first. At the jump light, press fire button to jump. Freefall to 1000 feet, maintaining drop zone position with the joystick, using Rubber Duck as reference. Deploy chute at 1000 feet with fire button. Early opening may attract enemy fire. Maintain position by controlling chute with the joystick. Detach chute with fire button at 30 feet.

Contacting water with chute will result in the chute encompassing diver, filling with water and drowning diver. If landing more than fifty yards from the supply raft, alerted enemy patrol boats will force a mission abort.

While underwater, the most dangerous obstacles are enemy divers and sharks. If a shark attacks, and you do not move away in time, the shark can be deterred by a spear gun shot. Other dangers include barracudas that are black and difficult to see. They will bite or scratch through the wet suit and the blood in the water may attract the shark. Anti-personnel mines are also black but larger and must be avoided. The eel is not deadly, but will also draw blood. Watch for friendly fish to stop swimming around. This indicates that something dangerous is in the area. Reaching the target requires following the compass, which is the next to





the last number on the status line. The numbers are degrees, with 000 being due north. Stop and check the compass reading often because you cannot simply follow a straight line underwater. When you reach the dock, climb the ladder and stop before the top. Wait for the guards to have their backs to you. Then go up and shoot directly to either side before they return fire. Once inside the depot grounds, enter any warehouse or bunker to set charges. Outside tanks can also be mined. The manual states that all charges must be set for simultaneous detonation. This is the best procedure to assure that detonation does not occur while you are still on the premises, because only the timer of the last detonator is displayed on the status line. However, the only requirement is that at least four charges be set before leaving. (This also applies to Mission 2.)

B. Infiltration: After collecting supplies from the raft, dive deep and swim the mile into shore avoiding enemy patrol boats, divers and nets, as well as natural hazards. Underwater combat may attract sharks. Disabled enemy combatants will surface and reveal your position to the patrols that will attack with concussion grenades. Confrontation with indigenous fauna may also draw patrols.

Maintain a heading 270 degrees using Attack Board displays. Upon reaching the pier pilings of the main docking area, surface and climb ladder up to dock. Eliminate guards with Silencer. If guards return fire, the Base will be alerted. Proceed into depot complex to the right.

C. Target: Upon entering the depot, search out any opened or exposed buildings or supply dumps with particular attention to concrete ammo bunkers and communication shacks. Enter the target sites by pushing the joystick upwards when standing in front of them. Once inside, press the F5 key to set a timed charge. To set the charge, press the timer button until the countdown clock reads the desired value. Then press the arming button to start the countdown.

The objective in setting the charges is to

sequentially time all of them for simultaneous detonation while also allowing for a 15 minute escape margin. The method is to estimate the duration of the target phase of the mission, add 15 minutes and set the first charge to this time. Set all subsequent timers to the current reading of the previous charge. When all 6 charges are set or the latest time approaches 15 minutes then the Exfiltration phase should begin.

NOTE: When confronting the enemy, continued use of the semi-automatic pistol with silencer, or use of the knife, may forestall an all-out alert at the depot that may bring many more troops against you.

D. Exfiltration: Return to the entrance point at the far left end and continue out onto the dock until diving off the pier.

E. Extract: After detonation begins, the Zodiac will be dispatched for recovery at sea.

2. Operation **LOCH NESS**

A. Insertion: Carrier-launched helicopter will proceed to the site of a sunken U.S. submarine that went down while testing a top secret missile arming system. Limited reports from the ship indicate that some Polaris nuclear missiles may have been armed when the sub sank. If so, they may also be on automatic timed launch mode.

If a missile fires with launch tube hatch closed, a multimegaton explosion will result, contaminating hundreds of square miles of ocean. A SEAL will dive from the helicopter at the site with the fire button.

To find your direction underwater using the beeping homing device, listen to the sound at the start and swim in any direction. If the tone does not change within 4 or 5 beeps, try another direction. If the tone lowers in pitch, then turn to the exact opposite direction and check the compass heading. If the tone rises, then your heading is correct. Check the compass number and stay on that heading until reaching the sunken submarine. Upon reaching the sunken sub, the spotlight will widen out to show the aft end. Entrance into the sub will occur automatically in a few seconds. Inside

the Command Information Center (C.I.C.) of the sub, swim back and forth along the darker central console while testing the F5 key. At some point you will find the correct panel and go to close-view.

B. Infiltration: Dive to the submarine using a homing device keyed to the ship. The beeping of the homer will increase in frequency as the sub gets closer and will slow down if you are moving away from it. Intelligence reports also show that other parties may be interested in the hardware on board the sub and that they could have divers in the area.

C. Target: Upon arrival at the submarine, locate the conning tower and enter the ship by the main hatch. Damage estimates suggest that the interior is filled with water. Swim to the rear of the sub to reach the weapons console. Active lights on the fire board will indicate the arming panel.

Press F5 to go to close view on the panel. There will be four rows of digits with a button below each number. The numbers periodically change. Find the highest number on the panel and zero it by pressing the button below. Then, find any matching numbers and zero them out. Proceed to the next lower number and repeat the process. Continue in a numerically sequential downward order until all the digits are zero. At this point, the system will automatically shut off the arm and launch modes.

If this procedure is not followed exactly, the system will assume unauthorized access and go into immediate launch status. You then have 1 minute to repeat the disarming procedure.

D. Exfiltration: After disarming the system, exit the submarine through the conning tower hatch and swim to the surface.

E. Extraction: The helicopter will be standing by until 2 minutes before the estimated missile launch time. Surface before that time to be picked up by the hoist.

3. Operation **MOBY DICK**

A. Insertion: A submarine will deliver you to a point 1 mile off an oil drilling platform that intelligence reports confirm has been secretly converted to a chemical

weapons manufacturing facility by a hostile government. This illegal undertaking has been officially denied and therefore must be terminated by other means.

B. Infiltration: Exit from the aft hatch and swim to the platform.

C. Target: Upon reaching the pylons of the platform attach timed limpet mines to the six pylons. Press F5 for a close-up view to set the charges. Set the timers to allow for a search of the facility to obtain proof of its real purpose. At the pylons, you must be situated in front of a pylon to go to close view (F5) of the detonator. As stated before, the charges do not necessarily have to be set at the same time, but in this mission it is vital that the shortest time allows for a search of the platform.

When the mines are set, surface and enter the station. Search each open building for any documents by entering and exiting the doorways. When confronting hostile personnel, control your firing, as there are volatile chemicals and gases used in the processing, and tanks or pipes could rupture explosively.

On the platform there are several places to hide, but the papers are always inside a proper doorway. Also, watch out for the large blue tank. A stray bullet will cause an explosion.

D. Exfiltration: Exit the platform to the extreme left.

4. Operation **KING KONG**

A. Insertion: A helicopter will carry you up-river to a point several hundred yards down-river from a secret Central American renegade base camp. The American ambassador is being held hostage there. At the insertion point, rope down from the helicopter and enter the river.

Once in the renegade camp, look for the ambassador somewhere in the far left end. He is not necessarily in a hut. However, if much fighting occurs early on, the ambassador will be moved around randomly, making the search more difficult. The guards at the camp are much tougher than the other missions. Make more use of lying on the ground and waiting for them to





come close before attacking. Also, use the silencer or your knife to keep the ambassador in one place. Once the ambassador is found, do not run away towards the river too fast for him. If he gets far enough behind, he will be recaptured.

Note that if fierce fighting occurs before reaching the ambassador, he may be executed.

C. **Exfiltration:** Upon reaching the river, steal a boat and make your way downriver. The enemy will pursue in boats. Attempt to eliminate the enemy by using the natural obstacles of the river, such as protruding rocks and the shore.

LOADING PROCEDURE

System Requirements...

1. Commodore C64/C64C/C128
2. Commodore 1541 or 1571 disk drive
3. Joystick

IMPORTANT NOTICE — READ THIS FIRST —

This program utilizes vastly extended memory and therefore will not operate properly if used in conjunction with a fast loading device. **— DO NOT USE A FAST LOADER WITH THIS PROGRAM —** Your patience will be rewarded!

Loading...

1. Turn off your computer and disk drive.
2. Attach one joystick in port #2. Do NOT leave a joystick in port #1 (a joystick there can scramble the keyboard controls).
3. Turn on your disk drive.

WARNING: Do NOT leave a disk in the drive when you turn it on or off — your disk could be damaged.

4. Remove all cartridges from your computer.
5. Insert the NAVY SEAL disk, label upward, into the disk drive. Close the drive door latch.

6. Turn on your computer. Type the following to load the program: Load "*", 8, 1 and press RETURN.

Note: After loading, leave the disk in the drive.

BACKGROUND

As an acronym, SEAL means Sea, Air, and Land. As a fighting unit, it means a good deal more. With large scale conventional warfare becoming unfeasible in the nuclear age, and an upsurge of isolated brushfire conflicts erupting around the world, the need for a precisely appropriate limited military response was in evidence.

Created by Executive Order in the early sixties, the Special Warfare SEAL Program was intended to produce an elite corps of multifaceted commandos out of the ranks of Navy Diver and Demolition Teams. These resulting combat swimmers would adapt their underwater capabilities to surreptitious counterinsurgency activities. SEAL Teams were ultimately to carry into effect the tactical objectives of the Navy Special Warfare Command, itself the Navy component of the United States Special Operations Command. The strategic functions of the NSWC include the devising and executing of specific actions by order of the Secretary of Defense or the President, coordination with all other member forces with emphasis on operational compatibility at all degrees of hostility, and, to furnish, at the direction of the Special Operations Unified Commanders, combat-ready rapid deployment forces.

Some regard SEALs as Navy Green Berets, but that is an inadequate assessment. A SEAL is a true amphibian. There is not a more capable or effective aquatic commando force anywhere in the world. The United States Marines are proud to identify themselves as "The First to Fight." But, usually before the Marines fight first, the SEALs were there first.

As practiced hands at Special Warfare advance proceedings, the missions of the tactical combat swimmer have traditionally included coastline reconnaissance, clearing beaches of barriers and obstructions prior to amphibious assault, the sabotage of

enemy shipping and the destruction of port facilities.

But, a SEAL is as sleek and deadly on land as he is in the water. These unique and versatile professionals are really more than able seamen. They participate in guerrilla actions involving ambush, sniping, and demolition; they set up listening posts and gather various intelligence; and, they engage in light infantry combat. If a planned assault requires them to penetrate far beyond the coastline to an inland objective, then those sailors summon up their expertise in land warfare.

SEALs are skilled in wound treatment, map reading, concealed attack, fire fight and skirmish techniques, topography transit, field communications, and air support site preparations.

Consistent with the comprehensive nature of Special Warfare Operations, Navy SEALs are schooled to accomplish their mission in any environment. A SEAL is no fish out of water when it comes to low-crawling through tangled jungle undergrowth to hit a guerrilla base camp; or, scrambling over searing desert sands to reach an unfriendly HQ in a surveillance operation; or, climbing a sheer rock face, trudging up through the snow line, and fighting a blizzard in a mountain Recon expedition; or, tracking across a frozen ice pack to chart a pressure ridge. SEALs are trained, armed, and equipped to perform and survive in any terrain presented to them.

They exhaustively train in land combat exercises combined with continuing airborne and seaborne conditioning. They are subjected to every imaginable climate and meteorological extreme, at all hours of the day or night, on every kind of surface found on earth. A tactical training regimen of endless drills, patrols, and field problems has produced a specialized combatant unequalled in modern warfare.

Since SEALs are secretive by nature, their exploits are not widely publicized and go largely unreported. Nonetheless, they have earned an international reputation as being, arguably, the "baddest," toughest hard-cases in the Special Forces community.

This perception is supported, at least in part, by an appreciation of the SEAL training methodology. It is probably the most grueling and demanding training received by any military personnel in the world.

SEAL history is the most persuasive evidence of their fierceness. For over forty years, they have enjoyed the greatest number of commendations and suffered the greatest number of losses of any American combat unit.

SEALs are rough, relentless marauders, skilled in arms, lethal in force, and possessing an uncompromising determination. They are predators, tough as steel and hard as iron. Each member of a SEAL Team exudes a sense of self-command and the singular ability to make a virtue of necessity.

SEALs may work at the most dangerous jobs on earth, but they do not have any collective death wish. A Navy SEAL is the kind of man who fully expects to live through a suicide mission. On assignments as dangerous as they are secret, these multidimensional warriors push themselves to the very limits of human endurance. In virtually every United States military operation in modern history, SEAL Teams have gone in first. Traditionally, the Navy is the first line of defense – and SEALs are squarely on the front side of that line.

U.S. Navy SEALs are a dedicated combat force capable of being projected globally the instant they are needed. At a moment's notice, SEALs can be transported to the four corners of the world, including the top, bottom, and sides. They are, first and foremost, tactical units in service to Navy Fleet Commanders. Accordingly, many of these Diverfarer sailors are forwardly dispersed in every ocean of the world. And with their inherent mobility and high state of readiness, they can be swiftly deployed to support any immediate Fleet operation in need of SEAL talents. The Gulf of Tonkin, the Caribbean, the Eastern Mediterranean, the Persian Gulf ... if it is a "hot spot" on the water, the SEALs have been there, or will be.

Charged with a mission of vast international scope, Navy SEALs find half their number on station and the other half com-





ing or going. They are assigned to task forces and carrier groups in order to provide intelligence collection, hull security checks, below-waterline damage inspection, pre-emptive neutralization of harbored enemy surface craft, and target location and assessment.

It can be no less true today than it was two hundred years ago: The shortest distance between the United States and nearly all of its allies is across the oceans. As one consequence of this multilateral geography, those free nations with which the United States has formal relations will often invite the SEALs to supplement and reinforce the training of their unconventional warfare detachments. SEALs also frequently join in combined allied Special Warfare exercises.

The Navy SEAL Program enjoys a prestige universally acknowledged. Their professionalism and their training standards assure that SEALs will continue to be held in high esteem by the nations of the world.

For underwater operations, SEALs use conventional dive gear, with some exceptions:

- They have aqualung apparatus that supplies about thirty minutes of tank-dispensed compressed air; but, they also have the LARV-5 Draeger chest mounted rebreather that recycles the diver's air so that no tell-tale bubbles are released. This equipment also allows the diver to stay down at least six hours.
- When diving, SEALs will carry an instrument called a compass board. It is an illuminated panel that carries a depth gauge, clock, and compass.
- Some demolition actions are accomplished with explosives such as the limpet mine, a self-attaching munition.
- Underwater transportation is available by submarine; SEALs exit through an escape air lock in a procedure known as "locking out."
- Divers can self-propel themselves with a unit termed an SDV, Send Delivery Vehicle. This is a small battery-powered apparatus sometimes referred to as a wet sub.

- All SEALs are issued the U.S. Navy Underwater Knife. It is fabricated of non-magnetic alloys and has a blade of saw-tooth configuration.

In the Air, SEALs are supported by helicopters, particularly for insertion and extraction purposes. Helos can hover close enough to water or land that SEALs are able to jump out directly. When such low altitudes are not indicated, either fast-roping or rappelling is performed.

When fast-roping, a SEAL slips down a large-diameter woven rope that is hanging from the helo. This activity is usually carried out by several SEALs in quick succession with the helo some fifteen to twenty-five yards off the ground. Fast-roping is so fast that a helicopter can be emptied in about four seconds.

Rappelling is a method of descent by means of a double rope run over the shoulder and under the opposite thigh. In this instance, it is accomplished from a hovering helicopter. As a rule, two SEALs will exit the helo on each side and begin rappelling down simultaneously. The maximum drop distance is approximately thirty yards.

In fixed-wing aircraft, the C-130 Transport is the conveyance of choice. The C-130 is widely used for airborne parachute operations throughout the Armed Forces. Static line multiple insertions are most common. A parachute drop is either HAHO, high altitude and high canopy opening, or HALO, high altitude and low opening. SEALs use one of two controllable parachutes, the T-10 and the 7-TU. C-130 aircraft also make cargo pallet equipment drops.

Air extraction is often achieved with the use of the McGuire lift. A helicopter crew lowers lines that secure to a body harness called a "swiss seat." A SEAL straps himself in, and the hovering helo tilts out with its man hanging below. Once over safe ground, the SEAL must cleanly release the rig at the right moment to prevent being jerked back up in the air again.

On Land, the SEAL uses much the same equipment as a foot soldier, although there

Navy amphibious transports from reaching the beach. The marines on board had to wade ashore carrying the weight of their equipment. Unseen underwater hollows and recesses acted as trap-falls, and hundreds in the invading force sank over their heads and perished in the shoreline waters.

Had there been hydrographic intelligence available, an appropriate landing site would have been selected. Not only could divers have performed coastal reconnaissance on the island, they could have also destroyed the natural and manmade obstacles blocking the beach.

The first Navy Combat Demolition Units were created at Fort Pierce, Florida in 1943.

These Units were comprised of six members each, with one officer attached. The NCDUs were then assigned, on an intra-theatre basis, to Fleet Operations in the Atlantic and Pacific Oceans, as well as the Mediterranean Sea. It was at the Asian Front, however, that they evolved exclusively into Underwater Demolition Teams (UDTs). They became specialized at preparing beaches for Marine amphibious landings island by island on the way to Japan. But, in 1944 several NCDUs were staging in England for the greatest combined amphibious operation of all time: D-Day, the Normandy Invasion.

In planning the massive assault on the beaches of Normandy, the allied commanders required shore and tide reconnaissance, and in particular, sand samples. Sand from the various beaches under consideration would be examined by experts in England to discover which of the proposed landing sites could bear the weight of invasion vehicles. So it was that six months in advance of D-Day, working in darkness and dodging German patrols, NCDUs were making maps and filling buckets with sand. When the invasion finally commenced, NCDU men were at the lead of the initial wave of the assault and then guided following waves of attackers to their respective landing areas. Unit members did not expect to swim to shore because the operation was planned for low tide. But, out of concern over possible mustard gas attack, they were

to wear a peculiar protective garb. It consisted of a waterproof canvas fire suit, a head-and-shoulder hood with mask, and specially treated field boots with knee socks. They seemed more like hermit crabs than frogs.

The nature of the Pacific Theatre necessitated a strategy of amphibious warfare. What was learned on the beaches of Normandy would be integrated into the campaign against the island chains tenaciously defended by the Japanese. Those Navy Combat Demolition men who had come through D-Day had not only walked away with their lives but also with an actively derived expertise. They were now veterans of a new style of warcraft that would be indispensable to the many beachheads that ultimately led to the defeat of Japanese imperialism in the South Pacific. The applied tactics of amphibious assault, experimented with on the coasts of Europe and perfected on the island sands of Micronesia, became the foundations of the co-ordinated Land, Sea, and Air force projection methods in use today.

At the end of World War II the Underwater Demolition Teams were reduced to peacetime strength. The Navy maintained sufficient personnel to satisfy the manpower requirements of five regulation Teams, assigning two Teams and three Teams to the Atlantic and Pacific Fleets, respectively.

The Underwater Demolition Teams were again fully activated during the Korean Conflict. The major amphibious assault of that was occurred in September of 1950, an action in which the UDTs figured prominently: the landing at Inchon. In this episode, in addition to their usual pre-beachhead functions, they mapped port facilities, placed markers on natural underwater hazards and areas of reduced depth, cleared mines from rivers and waterways by affixing timed charges, and they even raided defended positions well behind enemy lines. The UDT role was tactically expanded when they were used to perform inland demolition sorties with the purpose of Communist supply and transportation interdiction.





UDTs repeated these operations at Wonsan, Iwon, and at the docks of Chinnampo.

With the intervention of the Red Chinese in November of 1950, a new use for the ever more versatile UDTs was devised: they became guerrilla fighters, generating intelligence and harassing the Communists deep in their own territory.

The ultimate need for intensified training was realized with the outbreak of war in Indochina. Perceiving a pivotal role for the UDTs, the navy selected Subic Bay, in the Philippines, as the Unit's staging area for Vietnam operations.

Given the essential character of guerilla insurgency, the Kennedy Administration foresaw a need for special warfare forces. President John F. Kennedy, a former Naval officer, was a principal advocate of the combat swimmer/commando proposal. He had often observed the skills and usefulness of the UDTs in World War II. And so, a curious natural evolution from Frog to SEAL took place.

On January 1, 1962, the President officially signed into existence SEAL Teams ONE and TWO. These Sea, Air, and Land counterinsurgency Teams were made up mainly of UDT members. They received additional training in a variety of other disciplines including parachuting, infantry dynamics, specialty weapons, guerrilla fighting, and sniper tactics.

In an effort to give the SEALs as much practical experience as possible in anti-personnel commando tactics, instructors were encouraged to develop original modes of conditioning. One such unorthodox training exercise had SEALs working with the United States Border Patrol in catching illegals crossing the Rio Grande at night. By the time the SEALs came into full realization, military theoreticians in the world's war colleges were proclaiming the Sea, Air, and Land concept as a revolutionary form of warfare. And the men who would wage this new kind of war were an uncommon breed of combatant that had not existed before.

If one were to consider what good, if any, might have come out of the war in Vietnam, certainly the creation and growth of the SEAL concept would qualify. To underscore this proposition, a review of SEAL Awards is convincingly impressive.

SEAL Team ONE was honored with two Presidential Unit Citations, one Meritorious Unit Commendation, and one Navy Unit Commendation. Individual members have earned one Medal of Honor, two Navy Crosses, forty-two Silver Stars, four hundred two Bronze Stars, two Legion of merits, three hundred fifty-two Navy Commendation Medals, and fifty-one Navy Achievement Medals.

On October 25, 1983, the SEALs were once again called to arms. Their particular skills were required for Operation Urgent Fury, the invasion of the Caribbean island of Grenada. Although ostensibly a rescue mission, Urgent Fury was a classic amphibious landing problem. Therefore, the SEALs were needed for their usual preliminary functions.

They conducted hydrographic reconnaissance on coastline within proximity of the Cuban-built airstrip selected as an assault objective. They also surveyed potential beachhead landing sites as well as scouting interior drop zones. Grenada's shoreline is thick with fringing reefs and moving sandbars. As a result, marine-tracked landing vehicles had trouble making it to dry land, even though the approaches had been marked by the SEALs. Without the pre-invasion recon, the landing craft would not have made it to shore at all.

Through direct-action operations such as the Grenada mission, the Navy SEALs have historically shown themselves to be incomparable warriors in the last half of the twentieth century. Third World hostilities, the international proliferation of arms, and the expansionism of unfriendly governments would seem to promise a future of even greater need for the skilled men of the Navy Sea, Air, and Land Special Warfare Program.

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So...you want to be a SEAL...

To become a SEAL, a recruit must complete twenty-six weeks of intensive Basic Underwater Demolition Training. The course begins with a preliminary two-week indoctrination period. This is followed by Phase One which lasts for seven weeks and culminates in the infamous "Hell Week."

To proceed to the next Phase, the trainee must swim two miles in the ocean within ninety-five minutes and run four miles in thirty-two minutes, in addition to many other difficult trials. In the Second and Third Phases, it is more of the same, but harder. The candidates will also be instructed in Special Warfare skills and tactics at this time.

Upon completion of Phase Three, the graduates go for Airborne Training at Fort Benning, Georgia. The new SEALs then are assigned to a Team for a probation period of six months.

"Hell Week" is the most arduous, hard-fought five days to be endured at BUDS. Even though it occurs early in the program, many trainees wash out on the spot. Located in the quad of the Training Center is a ceremonial ship's bell. Whenever a student desires to resign the school, he must ring the bell three times, announcing his decision to the entire Center. During "Hell Week," the bell is taken to all the training exercises, allowing a recruit the opportunity to quit at each new challenge. Ringing the bell is tempting in the face of such demand-





ing physical rigors as swimming across San Diego Bay in full uniform; the sailors hauling over their heads a boat weighing three hundred pounds; running through beach sand for thirteen miles; negotiating a backbreaking obstacle course; and, doing it all on less than eight hours of sleep for the duration of the week. And each day the candidates must march past a large sign board that reads, "The Only Easy Day Was Yesterday."

The Navy is now vigorously working to build the ranks of its Special Warfare Forces. But SEAL recruitment has proven to be a slow process with their usual emphasis on quality over quantity. SEAL Teams need men who are not satisfied with merely completing assigned missions. Recruiters are looking for that exceptional motivated professional who strives to exceed nominal goals and who excels in this way every time out.

So, can you fulfill the basic eligibility requirements to qualify for consideration of acceptance by the U.S. Navy SEAL Program?

- You must be a citizen of the United States of America, and there must be nothing in your background that would preclude you from receiving a security clearance.
- You must be able to withstand strain, exhaustion, and inhospitable surroundings.
- You must be psychologically sound and medically suitable by Navy standards.
- You must pass a test of your physical fitness:
 - Swim three hundred yards without resting.
 - Complete thirty successive push-ups
 - Complete thirty successive sit-ups
 - Perform six successive pull-ups
 - Run continuously for one mile while wearing trousers and combat boots
- You will have to submit to a second medical exam, specifically for those who will be diving, and is more rigorous than a conventional exam.

- You cannot be color blind.
- You must have 20/20 vision with or without correction.
- You must also be a man, (women are prevented from serving in combat) between 17 and 27 years of age.
- You will agree to an enlistment in the Navy for four years with a promised extension of two additional years. Including inactive service, your total obligation is for eight years.
- And, lastly, it will be necessary for you to sign a form stating that the extreme physical demands of the program are thoroughly understood by you.

Don't say they didn't warn you.



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